



SP3NM.CA

BRANTFORD'S BRAND NAME ©COMMUNITY-DRIVE
HEALTH WELLNESS AND FITNESS NETWORK.

54 WINNIETT STREET
BRANTFORD, ONTARIO
N3T0G6

SP3NM.CA@GMAIL.COM
SP3NM.CA

Created and prepared by:

[HWF] PROFESSIONAL SPENCER [SP3NM] MOORE

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SP3NM.CA/ MAY 2026

Here's what's coming up for the SP3NM @COMMUNITY N3TWORK this month:

- ALL MAY is dedicated to ♥'s for Hope - A community network fundraiser inspired by Hope, and is in support of Cystic Fibrosis Foundation Awareness located at Altitude Coffee Roasters 174 Brant Ave. ([Team Link](#))
- May 17th 1:00pm TiCats Field Experience (Registration Link) with Personal Trainer Bob Brown in support of the Foodbank of Hamilton
- May 20-23) Grand Canyon Adventure ([Rim-to-Rim Challenge](#)) with my Alt-It-Dudes, Joel and Jim.
- May 30th 50km café walk/jog/run in support of CF Awareness - 8:00am - 4:00pm 174 Brant Ave. (5 km Loop) Walk, Jog, Run, lead by Spencer [Sp3nm] Moore.)
- May 31st Harlequins Mixed Abilities First Practice (6:30-7:30pm) Harlequins Field Brantford. ([Registration Link](#))



\$1 = SIGN A HEART. SPREAD HOPE.

ALL MONTH LONG IN SUPPORT OF
CYSTIC FIBROSIS AWARENESS ♥

HOW TO SUPPORT

♥ \$1 LETS YOU SIGN A YELLOW HEART
PURCHASE A HEART AT THE COUNTER (\$1 MINIMUM)
WRITE YOUR NAME OR A MESSAGE

THANK YOU FOR YOUR SUPPORT! ♥



174 BRANT AVE. BRANTFORD
ALTITUDE COFFEE ROASTERS AND
SP3NM.CA SUPPORTING CYSTIC
FIBROSIS AWARENESS FROM
BRANTFORD AND BEYOND.

**HEARTS FOR
HOPE**

During CF Awareness Month this May, we are inspired by every person with cystic fibrosis and members of the CF community who support them. This year, we're focused on recognizing the invisible burden of life with CF. While progress has been made, CF remains a relentlessly challenging disease.

Cystic Fibrosis Foundation



SP3NM.CA/ JUNE 2026

Here's what's coming up for the SP3NM @COMMUNITY N3TWORK for the month of June:


- ALL JUNE is about Art & [LemonAid](#) at Altitude Coffee Roasters. Artistic community collaboration insulation by CITRUS SK8ERS artist Scarlet Evans, and the LITT3RBUG @OMPANY artist SP3NM. The art fundraising collaboration will be featured all June at Altitude Coffee Roasters 174 Brant Ave. Brantford.
- Sundays (6:30-7:30pm) Harlequins Mixed Abilities Practice (6:30pm) Harlequins Field Brantford.
- June 7th Brantford Classic Run
- June 19th-20th London Workshop with Personal Trainer Bob Brown.
- June 21st Homedale Art Crawl



THE CITRUS SK8ERS

During the LEMON-AID month of June, Scarlett and the CITRUS SK8ERS brought their hometown spirit to life with CITRUS LEMON-AID stands in Brantford and Paris. Their creativity and COMMUNITY raised over \$679 in support of Family & Children's Services of Grand Erie!

<https://cfsgefoundation.ca/campaigns/lemonaid-day/>



WE ARE CITRUS SK8ERS

CITRUS SK8ERS
A CREATIVE CREW EST. 2025

HOSTED BY CITRUS SK8ERS CREATOR SCARLETT



SP3NM.CA/ BOOKINGS

I am now taking booking requests for June with openings available in June for the following:

- Multi-Sport Speed & Agility Training (45-min sessions | packages available)
- Hybrid Personal Training (in-person + online options)
- Personal Support Work (passport funding + mileage credits available)

SP3NM. SPRING TRAINING



**@SP3NM'S
SPRING SEASON**
March 21 to June 21

PERSONAL TRAINING

COMMUNITY SUPPORT

COMMUNITY N3TWORK
EVENTS



**CONTACT SPENCER
[SP3NM.CA] BY EMAIL:
SP3NM.CA@GMAIL.COM**

Spencer [SP3NM] Moore

Owner of SP3NM.CA

Brantford's community-driven health, wellness and fitness professional,
personal training and personal support.

Built by people, and powered by community 🧩

sp3nm.ca

54 Winniett Street, Suite 311 Brantford, ON N3T 0G6

@SP3NM.CA on INSTAGRAM | www.sp3nm.ca | sp3nm.ca@gmail.com

